

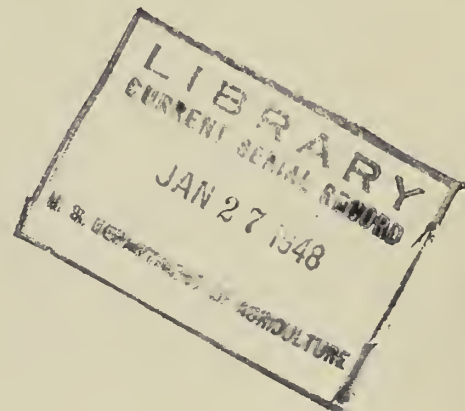
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SCHOOL LUNCH RECIPES  
USING POTATOES



Bureau of Human Nutrition and Home Economics

and

Production and Marketing Administration

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## SCHOOL LUNCH RECIPES USING POTATOES

Potatoes, always popular with children, can be used in so many ways that they may well appear daily in the school lunch. They are important for their food value. An inexpensive source of the energy needed by active children, potatoes also supply iron and some other minerals. When properly cooked they furnish an appreciable amount of vitamin C and some of the B vitamins. They are low in cost, keep well, and are generally available in local markets.

### Buying

When buying potatoes for school lunches it is usually most economical to get them in large quantity from local dealers at wholesale prices. Most potatoes are graded according to standards set up by the U. S. Department of Agriculture--the grades usually found on the market are U. S. No. 1, U. S. Commercial, and U. S. No. 2. Some potatoes are not graded. Top-quality potatoes are firm and clean, free from cuts and decay, sprouts, and green color. Although the lower grades do not meet all these requirements, they cost less and if carefully selected may be satisfactory for a particular need.

In cooking quality, potatoes differ according to variety and the conditions under which they are grown and stored. Before buying in wholesale lots, it may be advisable to try a small quantity of those available to find the grade or variety best suited to your needs. Potatoes that cook to a mealy consistency and break apart easily are preferable for mashing and baking; those that hold their shape and have a more waxy consistency are more suitable for salads and hot dishes. It is usually more economical to choose a grade and variety suitable for all general purposes than to select a different variety for each specific purpose.

### Storing

With the right storage conditions, potatoes keep for a relatively long time. Store them in a place that is well ventilated, dark, and moderately humid, with a temperature between 40° and 50° F. If colder than this, potatoes develop a sweetish taste. In a very dry atmosphere they shrivel, and in light they tend to turn green. Set the containers above floor level on a slotted platform, with space around each bag or basket so air can circulate.

### Saving Food Value

Whenever possible, cook potatoes without paring, to retain vitamins and minerals. If potatoes must be pared, make the parings thin to keep waste at a minimum and increase the number of servings. With a mechanical peeler, leave the potatoes in just long enough to remove skins, and then "eye" them by hand.

When pared raw potatoes cannot be cooked immediately, cover them with cold water and hold in a cool place. To avoid waste of dissolved nutrients, use the water in cooking the potatoes, and if practicable, save the cooking liquid to use in soups, sauces, and gravies.

Overcooking, reheating, or holding cooked potatoes causes considerable loss of vitamin C. If it is sometimes necessary to hold or reheat potatoes do not count on them to supply this vitamin--provide some other source such as citrus fruit or tomato.

When it is necessary to keep cooked potatoes overnight, cool them quickly, preferably by placing the pans of potatoes on ice or in cold water. After cooling, cover the potatoes tightly and put in the refrigerator at once.

### Using the Recipes

The potato recipes given here have been planned especially for school lunches. In developing them consideration was given to the food needs and tastes of children, the accepted practices for large-quantity cooking, and the need of saving time and labor in food preparation.

Each recipe will make one hundred servings of the size stated. The recipes are in the same form as those published in School Lunch Recipes for 100 and may be cut apart, mounted on cardboard or heavy paper, and added to the card file.

In many of the recipes, vegetables and protein-rich foods are combined with potatoes for variety in flavor and appearance and for additional nutritive value. All main dish recipes include meat, fish, eggs, or cheese to provide the 2 ounces of protein food specified in the Type A school lunch pattern set up by the Production and Marketing Administration. The quantity of vegetable and protein-rich food per serving is given with each recipe where an appreciable amount is furnished.

Instead of shell eggs, dried eggs may be used in some of the recipes with satisfactory results. In such recipes, directions for using the dried eggs are given.

Measuring ingredients, except liquids, by weight rather than volume is generally recommended in cooking for school lunches. It is more accurate and helps assure good results. However, in these recipes quantities of most ingredients are given in volume as well as weight for use in schools not yet equipped with scales.

Quantities are for raw materials as purchased unless otherwise indicated, and for potatoes and other vegetables in good condition. Allowance is made for an average paring waste of 20 percent for potatoes, but the loss may range from 16 to 25 percent, depending on the quality of the potatoes and the care used in paring them. For these recipes, potatoes cooked in their jackets are used wherever possible to avoid waste, conserve nutrients, and save the time of school lunch workers.



# POTATOES IN JACKETS—BOILED, STEAMED, BAKED

Vegetables

Potatoes are most easily prepared for school lunch by boiling, baking, or steaming. Thirty to 40 pounds of potatoes will yield 100 portions of one potato each (1/2 to 3/4 cup vegetable).

**BOILED POTATOES.** Scrub potatoes well and remove all blemishes. Put into boiling salted water (3 tablespoons salt for each 2 gallons water). Use just enough water to cover the potatoes. Cover the container tightly. Boil gently 40 to 50 minutes or until potatoes are tender. Rapid boiling wastes fuel for it does not shorten the cooking time. Drain potatoes as soon as they are done to keep them from becoming soggy.

Serve: (1) Plain, in jackets or peeled. (2) With melted table fat or meat drippings. Chopped parsley may be added. (3) Mashed—see card No. D-4, School Lunch Recipes for 100. (4) Browned in fat. (5) In combination with other foods as in this collection of recipes.

**STEAMED POTATOES.** Scrub potatoes well and remove all blemishes. Put into the perforated containers of an institutional type compartment steamer and steam 40 to 50 minutes or until tender.

Serve in the same ways as boiled potatoes.

**BAKED POTATOES.** Select medium to large potatoes, uniform in size. Scrub well and remove blemishes. Rub skin with fat to soften it, if desired. Bake potatoes in shallow pans in a moderately hot oven (400° F.) 1 to 1-1/2 hours or until tender. Take from oven at once and prick with a fork to prevent sogginess.

Serve: (1) Plain. (2) Slashed, with a piece of table fat or cheese in the slash.

# SALT COD OR FRESH FISH CHOWDER (WITH POTATOES)

Soups and chowders

100 Portions	Ingredients	Portions	Cost
12-1/2 pounds	Salt cod*		
1-1/2 pounds	Salt pork		
4 pounds	Onions		
18 pounds	Potatoes		
1-1/2 gallons	Water		
6 ounces (3/4 cup)	Sifted flour		
2-3/4 gallons	Milk		
1/2 cup	Chopped parsley		

1. Cut fish into small pieces. Soak in warm water about two hours. Drain.
2. Cut salt pork into 1/4-inch cubes. Fry until crisp.
3. Peel and slice onions. Add to salt pork. Brown lightly.
4. Pare and dice potatoes. Add potatoes, water, and fish to fat mixture. Simmer until potatoes are tender.
5. Blend flour and 2 cups of milk. Add to remainder of milk and stir slowly into hot mixture. Cook until smooth, stirring constantly.
6. Add parsley. Cook 10 minutes longer.

\* Fresh fish may be used. Do not soak.

Portion: 1 cup. Provides  
2 to 3 ounces protein food,  
1/2 cup vegetable.

Total cost \_\_\_\_\_  
Cost per portion \_\_\_\_\_

## BAKED BEEF-POTATO HASH

Main Dishes

100 Portions	Ingredients	Portions	Cost
25 pounds	Potatoes		
12-1/2 pounds	Cooked and boned beef		
1-1/2 pounds	Onions		
4 ounces (1/2 cup)	Salt		
1-1/4 gallons	Meat stock and/or water		

1. Boil or steam potatoes and peel. Grind potatoes and meat in coarse grinder.
2. Peel onions and grind in medium fine grinder.
3. Mix all ingredients well.
4. Spread in three baking pans (12 by 18 inches).
5. Bake in moderate oven (350° F.) 40 to 60 minutes or until browned.

Portion: 2/3 cup. Provides  
2 ounces protein food,  
1/2 cup vegetable.

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

## CODFISH-POTATO CAKES

Main Dishes

100 Portions	Ingredients	Portions	Cost
7 pounds	Salt codfish		
18 pounds	Potatoes		
3 ounces (6 tablespoons)	Fat		
2/3 cup	Finely chopped onion		
1-1/2 ounces (6 tablespoons)	Sifted flour		
2-1/2 cups	Hot milk		
8 (1-1/2 cups)	Eggs, beaten*		

1. Cut fish into small pieces. Soak in warm water about two hours. Drain.
2. Boil or steam potatoes, peel and mash.
3. Make sauce: Melt fat. Add onion and brown lightly. Add flour, blending to a smooth paste. Stir rapidly into the milk. Cook until thickened, stirring constantly.
4. Mix potatoes, sauce, fish, and eggs.
5. Use No. 16 scoop to measure portions. Form into cakes and flour lightly.
6. Brown on both sides in hot fat. Keep warm in a very slow oven (300° F.).

Portion: 2 cakes. Provides  
2 ounces protein food, 1/3 cup  
vegetable.

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

\* 4 ounces (1 cup) dried whole egg, beaten with 1-1/4 cups water, may be used in place of shell eggs.



## EGG-POTATO SCALLOP

Main Dishes

100 Portions	Ingredients	___Portions	Cost
24 pounds	Potatoes		
1 pound (2 cups)	Table fat		
8 ounces (2 cups)	Sifted flour		
4 ounces (1/2 cup)	Salt		
2 gallons	Hot milk		
92	Hard cooked eggs		
1 pound	Lunch meat, cubed		
1-1/2 cups	Fine dry crumbs mixed with fat		

1. Boil or steam potatoes, peel and slice thin.
2. Make white sauce: Melt fat, add flour and salt, blending to a smooth paste. Stir rapidly into the hot milk. Cook until thickened, stirring constantly.
3. Place half of the potatoes in three greased baking pans (12 by 18 inches). Slice eggs over potatoes and add cubed meat. Add the rest of the potatoes, cover with sauce, and blend through mixture.
4. Top with crumbs and bake in moderate oven (350° F.) 45 minutes to 1 hour.

Portion: 3/4 cup. Provides  
2 ounces protein food,  
1/2 cup vegetable.

Total cost \_\_\_\_\_  
Cost per portion \_\_\_\_\_

## FRANKFURTER-POTATO SCALLOP

Main Dishes

100 Portions	Ingredients	___Portions	Cost
24 pounds	Potatoes		
12-1/2 pounds	Frankfurters		
1-1/2 pounds (3 cups)	Fat		
1 pound (4 cups)	Sifted flour		
3 ounces (6 tablespoons)	Salt		
2 gallons	Hot milk		

1. Pare raw potatoes and slice thin.
2. Cut frankfurters into slices about 1/3 inch thick.
3. Make white sauce: Melt fat, add flour and salt, blending to a smooth paste. Stir rapidly into milk. Cook until thickened, stirring constantly.
4. Put half the potatoes into three greased baking pans (12 by 18 inches). Add sliced frankfurters and cover with the rest of the potatoes. Add white sauce.
5. Bake in moderate oven (350° F.) 1-1/2 to 2 hours or until potatoes are done.

Portion: 1 cup. Provides  
2 ounces protein food,  
1/2 cup vegetable.

Total cost \_\_\_\_\_  
Cost per portion \_\_\_\_\_

## LIVER-POTATO CREOLE

Main Dishes

100 Portions	Ingredients	___Portions	Cost
13 pounds	Liver		
1 pound (4 cups)	Sifted flour		
1 pound (2 cups)	Fat		
1 pound	Onions		
1 pound	Green peppers		
4 pounds	Celery		
2-1/2 ounces (5 tablespoons)	Salt		
1 teaspoon	Chili powder		
5 quarts	Canned tomatoes		
1-1/2 cups	Catsup		
5 pounds	Cooked potatoes		

Portion: 1/2 cup. Provides  
2 ounces protein food,  
1/2 cup vegetable.

Total cost \_\_\_\_\_  
Cost per portion \_\_\_\_\_

1. Cut liver into 1/2-inch cubes. Dredge with flour and brown in fat.
2. Prepare raw vegetables and chop fine. Add to meat. Cover and simmer 10 minutes.
3. Add seasonings, tomatoes, and catsup. Simmer 30 minutes.
4. Peel and dice potatoes and add to the liver mixture. Simmer 30 minutes longer, uncovered. Stir occasionally.

## LIVER-POTATO SCALLOP

Main Dishes

100 Portions	Ingredients	___Portions	Cost
22 pounds	Potatoes		
13 pounds	Liver		
1-1/4 pounds (5 cups)	Sifted flour		
1 pound (2 cups)	Fat		
1-1/2 pounds	Onions		
1-1/2 gallons	Milk		
4 ounces (1/2 cup)	Salt		
1 cup	Chopped parsley		
3 cups	Fine dry crumbs mixed with fat		

Portion: 3/4 cup. Provides  
2 ounces protein food,  
1/2 cup vegetable.

Total cost \_\_\_\_\_  
Cost per portion \_\_\_\_\_

1. Boil or steam potatoes, peel and dice.
2. Cut liver into 1/2-inch cubes, dredge with 8 ounces (2 cups) of the flour, and brown in fat. Chop onions and add to meat. Simmer 30 minutes.
3. Make sauce: Heat all except 1 quart of the milk. Blend 12 ounces (3 cups) flour and the quart of milk, and add with the salt to the hot milk. Cook until thickened, stirring constantly. Add parsley.
4. Place half the potatoes in three greased baking pans (12 by 18 inches), add liver, and cover with the rest of the potatoes. Add sauce. Top with crumbs.
5. Bake in a moderate oven (350° F.) 30 minutes or until browned.

## LUNCH MEAT-POTATO HASH

Main Dishes

100 Portions	Ingredients	Portions	Cost
18 pounds	Potatoes		
3 cups	Mined onions		
5 cups	Finely chopped green peppers		
1 pound (2 cups)	Fat		
6 cups	Diced carrots		
12-1/2 pounds	Diced lunch meat		
8 ounces (2 cups)	Sifted flour		
2 cups	Finely chopped parsley		
2 tablespoons	Salt		
2 quarts	Boiling water		

Portion: 2/3 cup. Provides  
2 ounces protein food,  
1/2 cup vegetable.

Total cost \_\_\_\_\_  
Cost per portion \_\_\_\_\_

1. Boil or steam potatoes, peel and dice.
2. Cook onions and green peppers in the fat about 10 minutes.
3. Add potatoes and carrots, and brown lightly.
4. Dredge meat with the flour. Add with parsley, salt, and water to the vegetable mixture. Simmer about 15 minutes.

## POTATOBURGERS

Main Dishes

100 Portions	Ingredients	Portions	Cost
12 pounds	Potatoes		
3-1/4 pounds	Onions		
1 pound	Green peppers		
7-1/2 pounds	Ground beef		
2-1/2 pounds	Ground pork		
24 (1-1/4 quarts)	Eggs, beaten*		
4 ounces (1/2 cup)	Salt		
4 ounces (1 cup)	Sifted flour		
5-1/2 quarts	Tomato juice or sieved tomatoes		

Portion: 1/2 cup. Provides  
2 ounces protein food,  
1/2 cup vegetable.

Total cost \_\_\_\_\_  
Cost per portion \_\_\_\_\_

1. Pare raw potatoes and onions. Remove stems and seeds from peppers. Put through medium fine grinder.
2. Add meat, eggs, and salt to ground vegetables.
3. Use No. 8 scoop to measure portions into baking pans. Flatten into patties.
4. Blend the flour with 2 cups of the tomato. Heat rest of tomato and add flour mixture. Cook and stir until slightly thickened. Pour over patties.
5. Bake in a moderate oven (375° F.) 40 to 60 minutes.

12 ounces (3 cups) dried whole egg and 3-2/3 cups water, beaten together, may be used in place of shell eggs.



## POTATO FONDUE

Main Dishes

100 Portions	Ingredients	Portions	Cost
24 pounds	Potatoes		
6-1/2 pounds	Cheese, finely grated		
1-1/2 pounds (3 cups)	Fat		
12 ounces (3 cups)	Sifted flour		
4 ounces (1/2 cup)	Salt		
2 tablespoons	Dry mustard		
2-1/4 gallons	Hot milk		
50 (2-1/2 quarts)	Eggs, well beaten*		
3 cups	Fine dry crumbs mixed with fat		

Portion: 2/3 cup. Provides  
2 ounces protein food,  
1/2 cup vegetable.

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

1. Boil or steam potatoes, peel, and cut into 1/2-inch cubes. Cool and mix with the cheese. Place in four greased pans (12 by 18 inches).
  2. Make white sauce: Melt fat. Sift together flour, salt, and mustard. Blend with fat and add to milk. Cook, stirring constantly, until thickened.
  3. Cool sauce and add eggs.
  4. Pour sauce over potatoes and cheese and blend evenly through the mixture. Top with crumbs.
  5. Bake in a slow oven (325° F.) 1 hour.
- \* 1 pound 9 ounces (6-1/4 cups) dried whole egg and 7-3/4 cups water, beaten together, may be used in place of shell eggs.

## SALMON-POTATO CAKES

Main Dishes

100 Portions	Ingredients	Portions	Cost
14 pounds	Potatoes		
4 ounces (1/2 cup)	Table fat		
10 pounds	Cooked salmon		
2/3 cup	Minced onions		
1 cup	Finely chopped green pepper		
1 cup	Catsup		
24 (1-1/4 quarts)	Eggs, beaten*		
2-1/2 ounces (5 tablespoons)	Salt		

Portion: 1/2 cup. Provides  
2 ounces protein food,  
1/4 cup vegetable.

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

1. Boil or steam potatoes, peel, and mash or grind fine. While they are still hot, add the fat.
  2. Flake the salmon.
  3. Combine all ingredients.
  4. Use No. 8 scoop to measure portions. Shape into cakes and flour lightly.
  5. Fry in hot fat until well browned. The cakes may be held in a very slow oven (300° F.) until serving time.
- \* 12 ounces (3 cups) dried whole egg and 3-3/4 cups water, beaten together, may be used in place of shell eggs.

## SALMON-POTATO SCALLOP

## Main Dishes

100 Portions	Ingredients	Portions	Cost
18 pounds	Potatoes		
16 No. 1 tall cans (12-1/2 pounds)	Salmon		
1-1/2 quarts	Cooked green peas		
2 gallons	Liquid from sal- mon and peas, plus milk		
1 pound (2 cups)	Table fat		
1 cup	Finely chopped onions		
1 pound (4 cups)	Sifted flour		
4 ounces (1/2 cup)	Salt		
3 cups	Fine dry crumbs mixed with fat		

1. Boil or steam potatoes, peel and dice.
2. Drain salmon and peas. Save liquids, add milk, and heat.
3. Make sauce: Melt fat, add onion, and cook 5 minutes. Stir flour and salt into fat and onion mixture and add to the hot liquid. Cook until thickened, stirring constantly.
4. Place potatoes, salmon, peas, and sauce in layers in three greased baking pans (12 by 18 inches). Top with crumbs.
5. Bake in a moderate oven (350° F.) 45 to 60 minutes.

Portion: 3/4 cup. Provides  
2 ounces protein food,  
1/2 cup vegetable.

Total cost \_\_\_\_\_  
Cost per portion \_\_\_\_\_



## CREAMED POTATOES

Vegetables

100 Portions	Ingredients	Portions	Cost
24 pounds	Potatoes		
1 pound (2 cups)	Table fat		
12 ounces (3 cups)	Sifted flour		
4 ounces (1/2 cup)	Salt		
1-1/2 gallons	Hot milk		
1/2 cup	Finely chopped parsley		

1. Boil or steam potatoes, peel and dice.
2. Make white sauce: Melt the fat, add flour and salt gradually, blending to a smooth paste. Stir rapidly into the hot milk. Cook until thickened, stirring constantly.
3. Add potatoes to white sauce and heat thoroughly.
4. Stir in parsley when ready to serve.

Portion: 2/3 cup. Provides Total cost \_\_\_\_\_  
 1/2 cup vegetable.  
 Cost per portion \_\_\_\_\_

## GOLDEN POTATOES

Vegetables

100 Portions	Ingredients	Portions	Cost
100	Potatoes		
1 pound (2 cups)	Table fat, melted		
2 quarts	Crushed corn flakes		
2-1/2 ounces (5 tablespoons)	Salt		

1. Select medium potatoes, uniform in size. Boil or steam potatoes in jackets 20 to 30 minutes or until almost done.
2. Peel if necessary. The skins may be left on new potatoes.
3. Coat each potato with melted fat.
4. Roll potatoes in cereal mixed with the salt.
5. Bake on greased baking sheets in a very hot oven (500° F.) 30 minutes.

Portion: 1 potato. Provides Total cost \_\_\_\_\_  
 1/2 to 2/3 cup  
 vegetable. Cost per portion \_\_\_\_\_

## HOT POTATO SALAD

Vegetables

100 Portions	Ingredients	___Portions	Cost
25 pounds	Potatoes		
3/4 pound	Onions		
1 pound	Celery		
8 ounces	Green peppers		
1 pound (2 cups)	Salad oil or table fat		
4 ounces (1 cup)	Sifted flour		
8 ounces (1 cup)	Sugar		
3 ounces (6 tablespoons)	Salt		
4 teaspoons	Dry mustard		
2-2/3 cups	Vinegar		
2-2/3 cups	Water		
1 cup	Sweet pickle relish		

1. Boil or steam potatoes, peel and dice. Prepare and chop vegetables.
2. Make dressing: Brown onions lightly in hot oil or table fat. Mix dry ingredients and stir into onion mixture. Add liquids slowly, stirring constantly, and cook until thick.
3. Mix pickle relish and vegetables with potatoes. Add hot dressing and mix well.
4. Put into three baking pans (12 by 18 inches), cover to prevent drying, and heat in a moderate oven (350° F.) about 30 minutes.
5. Sprinkle 1/2 cup chopped parsley over salad when ready to serve.

Portion: 2/3 cup. Provides  
1/2 cup vegetable.

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

## POTATO PUFF

Vegetables

100 Portions	Ingredients	___Portions	Cost
27 pounds	Potatoes		
1 gallon	Warm milk		
1-1/4 pounds (2-1/2 cups)	Table fat		
4 ounces (1/2 cup)	Salt		
15	Eggs, separated		

1. Boil or steam potatoes, peel and mash.
2. Combine milk, fat, and salt. Beat into mashed potatoes until smooth. Beat egg yolks and add.
3. Beat egg whites stiff but not dry. Fold into mixture.
4. Place in four greased baking pans (12 by 18 inches).
5. Bake in moderate oven (375° F.) 35 to 45 minutes.

Portion: 2/3 cup. Provides  
1/2 cup vegetable.

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

## SCALLOPED POTATOES

Vegetables

100 Portions	Ingredients	Portions	Cost
24 pounds	Potatoes		
12 ounces (1-1/2 cups)	Fat		
6 ounces (1-1/2 cups)	Sifted flour		
3 ounces (6 tablespoons)	Salt		
1-1/2 gallons	Hot milk		

1. Pare raw potatoes and slice thin.
2. Make a white sauce: Melt the fat. Add flour and salt, blending to a smooth paste. Stir rapidly into the milk. Cook until thickened, stirring constantly.
3. Place the potatoes in three greased baking pans (12 by 18 inches). Cover with sauce.
4. Bake in moderate oven (350° F.) 1-1/2 to 2 hours, until potatoes are tender and the top is browned.

Portion: 2/3 cup. Provides  
1/2 cup vegetable.

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

## POTATO-CHEESE SALAD

Salads

100 Portions	Ingredients	Portions	Cost
14 pounds	Potatoes		
50	Hard-cooked eggs		
7 cups (3 No. 2 cans)	Cooked green peas, drained		
1 cup	Finely chopped onion		
3 cups	Diced raw celery		
6 cups	Diced raw carrots		
3 cups	Sliced green peppers		
1-1/2 ounces (3 tablespoons)	Salt		
6-1/4 pounds	Cheese, coarsely grated		
3 quarts	Salad dressing		
3 quarts	Shredded lettuce		

1. Boil or steam potatoes, peel and dice.
2. Coarsely chop 40 of the eggs. Toss with vegetables, salt, cheese, and salad dressing. Chill about 1 hour.
3. Combine lettuce with mixture just before serving.
4. Slice remaining eggs and use as garnish.

Portion: 1 cup. Provides  
2 ounces protein food;  
1/2 cup vegetable.

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

## POTATO BISCUIT

Breads

100 Portions	Ingredients	Portions	Cost
2 quarts	Mashed potatoes		
5 pounds (5 quarts)	Sifted flour		
6 ounces (1 cup)	Baking powder		
3 tablespoons	Salt		
1 pound (2 cups)	Fat		
3-3/4 cups (approximately)	Milk		

Portion: 1 biscuit

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

1. To prepared mashed potatoes, boil or steam about 4-1/2 pounds potatoes until well done. Peel, mash, and beat until smooth while hot.
2. Sift together flour, baking powder, and salt. Cut in fat, add potatoes, and blend.
3. Add milk to make a soft dough.
4. Place on floured board; knead lightly. Roll or pat to about 3/4 inch thickness. Cut into pieces 1-1/2 by 2 inches, or into 2-inch rounds with floured biscuit cutter.
5. Place on baking sheet and bake in a moderately hot oven (400° F.) about 15 minutes.

## POTATO CORN MEAL MUFFINS

Breads

100 Portions	Ingredients	Portions	Cost
2-1/4 quarts	Mashed potatoes		
1-3/4 pounds (5-1/4 cups)	Corn meal		
1-3/4 pounds (7 cups)	Sifted flour		
12 ounces (1-1/2 cups)	Sugar		
2 tablespoons	Salt		
6 ounces (1 cup)	Baking powder		
1/2 pound (1 cup)	Melted fat		
16 (or 3 cups)	Eggs, beaten*		
3-1/2 cups	Milk		

Portion: 1 muffin.

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

1. To prepare mashed potatoes, boil or steam about 5 pounds potatoes until well done. Peel, mash, and beat until smooth while hot.
  2. Mix corn meal, flour, sugar, salt, and baking powder.
  3. Beat fat, eggs, and milk into potatoes.
  4. Combine the two mixtures, stirring only enough to moisten dry ingredients.
  5. Use No. 24 scoop to measure batter into greased muffin pans (or measure 5 muffins per cup of batter). Bake in moderate oven (375° F.) about 25 minutes.
- \* 8 ounces (2 cups) dried whole egg and 2-1/2 cups water may be used. Sift dried egg with flour, sugar, salt, and baking powder, and add the water to the milk.



## POTATO ROLLS

Breads

100 Portions	Ingredients	Portions	Cost
3 ounces (6 cakes)	Compressed yeast		
1/2 cup	Lukewarm water		
1-1/2 quarts	Scalded milk		
8 ounces (1 cup)	Sugar		
8 ounces (1 cup)	Fat		
2 tablespoons	Salt		
3 cups	Riced or mashed cooked potatoes		
4-1/2 pounds (4-1/2 quarts)	Sifted flour		

Total cost \_\_\_\_\_

Portion: 1 roll.

Cost per portion \_\_\_\_\_

1. Soften yeast in the water. (For refrigerator rolls use only 1-1/2 ounces yeast.)
2. Combine hot milk, sugar, fat, salt, and potatoes. Cool to lukewarm. Add yeast and flour. Mix well (5 minutes on low speed in mixer).
3. Let rise until volume is doubled. Punch down. (Let stand in refrigerator overnight if desired).
4. Let dough rise again until volume is doubled. Divide into 10 equal parts and make 10 rolls from each, or allow 18 ounces dough for a dozen rolls. Place on greased baking sheets or in muffin pans.
5. Let rise again until volume is doubled (about 45 minutes).
6. Bake in moderately hot oven (400°F) about 20 minutes.

## POTATO SCONES

Breads

100 Portions	Ingredients	Portions	Cost
2-1/2 quarts	Mashed potatoes		
2-1/2 pounds (2-1/2 quarts)	Sifted flour		
2 tablespoons	Salt		
4 ounces (1/2 cup)	Sugar		
4 ounces (2/3 cup)	Baking powder		
10 ounces (1-1/4 cups)	Fat		
10 (2 cups)	Eggs*		
3/4 cup (approximately)	Milk		

Total cost \_\_\_\_\_

Portion: 1 scone.

Cost per portion \_\_\_\_\_

1. To prepare mashed potatoes, boil or steam about 5-1/2 pounds potatoes until well done. Peel, mash, and beat until smooth while hot.
  2. Sift dry ingredients together. Cut in fat, add potatoes, and blend.
  3. Beat eggs slightly. Add to milk and combine with flour mixture to make a soft dough.
  4. Roll or pat on floured board to about 1/2 inch thickness. Cut into 3-inch squares; cut each square into 2 triangular scones.
  5. Bake on greased baking sheet in a moderately hot oven (400° F.) about 15 minutes.
- \* 5 ounces (1-1/4 cups) dried whole egg and 1-1/2 cups water may be used. Sift egg with dry ingredients and add the water to the milk.



## CHOCOLATE CAKE (WITH POTATOES)

Desserts

100 Portions	Ingredients	Portions	Cost
3 quarts	Mashed potatoes		
2-1/2 pounds (5 cups)	Fat		
4 pounds (2 quarts)	Sugar		
1-1/2 tablespoons	Salt		
2 tablespoons	Vanilla		
16 (3-1/4 cups)	Eggs*		
2-1/2 pounds (10 cups)	Sifted flour		
10-1/2 ounces (3 cups)	Cocoa		
5 ounces (7/8 cup)	Baking powder		
1 cup	Milk		

1. To prepare mashed potatoes, boil or steam about 6-1/2 pounds potatoes until well done. Peel, mash, and beat until smooth while hot.
2. Cream next 4 ingredients (3 to 5 minutes at low speed in mixer). Add lukewarm potatoes, cream until smooth. Add eggs, blend well.
3. Mix rest of dry ingredients, sift twice. Add with milk, mix only until smooth. (Batter is very thick.)
4. Spread in two shallow pans (18 by 25 inches) and bake in a moderate oven (350° F.) about 35 minutes.

Note: This is a moist cake. With tartrate or phosphate baking powder it will be reddish in color; with sulfate baking powder, dark brown.

\* 8 ounces (2 cups) dried whole egg and 2-1/2 cups water may be used. Sift egg with dry ingredients and add water to the milk.

Portion: 1 piece  
(2-1/2 by 3 inches)

Total cost \_\_\_\_\_  
Cost per portion \_\_\_\_\_

## CHOCOLATE FROSTING (WITH POTATOES)

Desserts

100 Portions	Ingredients	Portions	Cost
2-1/2 cups	Mashed potatoes		
1 teaspoon	Salt		
1 tablespoon	Vanilla		
4 pounds (2-3/4 quarts)	Confectioners' sugar		
2-1/2 ounces	Bitter chocolate, melted		

1. To prepare mashed potatoes, boil or steam about 1-1/4 pounds potatoes until well done. Peel, mash, and beat until smooth while hot. Keep hot.
2. Cream salt, vanilla, and confectioner's sugar quickly into hot potato.
3. Add chocolate. Beat until smooth.

Yield: 2 quarts

Total cost \_\_\_\_\_  
Cost per portion \_\_\_\_\_

## FRUIT PUDDING (WITH POTATOES)

Desserts

100 Portions	Ingredients	Portions	Cost
4-1/4 pounds (8-1/2 cups)	Sugar		
2 pounds 2 ounces (8-1/2 cups)	Sifted flour		
4 teaspoons	Salt		
4 teaspoons	Soda		
1 tablespoon	Nutmeg		
5 pounds	Potatoes		
4 pounds	Carrots		
2-1/2 pounds	Suet		
3 pounds	Dried peaches, chopped		
3 pounds	Raisins		
1-1/2 tablespoons	Vanilla		

1. Sift together dry ingredients.
2. Pare potatoes and scrape carrots. Grind potatoes, carrots, and suet fine.
3. Mix all ingredients well.
4. Place in three greased baking pans (12 by 18 inches). Cover tightly.
5. Set pans in hot water and bake in slow oven (325° F.) 2-1/2 to 3 hours.
6. Serve with vanilla sauce.

Portion: 1/2 cup. Provides \_\_\_\_\_ Total cost \_\_\_\_\_  
 1/2 cup vegetable and fruit. Cost per portion \_\_\_\_\_

## VANILLA SAUCE

Sauces

100 Portions	Ingredients	Portions	Cost
1 gallon	Water		
5-1/2 pounds (2-3/4 quarts)	Sugar		
1/2 pound (1-1/2 cups)	Cornstarch		
1 tablespoon	Salt		
1/2 pound (1 cup)	Table fat		
1/2 cup	Vanilla		

1. Heat water to boiling.
2. Mix sugar, cornstarch, and salt. Add gradually to the water, stirring constantly.
3. Continue stirring mixture and cook until it reaches the boiling point and becomes clear.
4. Remove from heat. Add fat and vanilla.

Portion: 1/4 cup. Total cost \_\_\_\_\_  
 Yield: Approximately 6 quarts. Cost per portion \_\_\_\_\_

## LEMON PUDDING (WITH POTATOES)

Desserts

100 Portions	Ingredients	Portions	Cost
3 quarts	Mashed potatoes		
1 pound (2 cups)	Table fat		
3 tablespoons	Salt		
6 pounds (3 quarts)	Sugar		
36	Eggs, separated		
2 quarts	Milk		
1/3 cup	Grated lemon rind		
1-1/2 cups	Lemon juice		

Portion: 1/2 cup.

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

1. To prepare mashed potatoes, boil or steam about 6-1/2 pounds potatoes. Peel, mash, and beat until smooth while hot.
2. Cream fat, salt, and 3 pounds (1-1/2 quarts) sugar. Mix in potatoes.
3. Beat egg yolks until thick and lemon colored. Add to potato mixture with milk, lemon rind, and juice.
4. Beat egg whites until nearly stiff, add remaining 3 pounds of sugar, and beat until glossy. Fold into potato mixture.
5. Dip 1/2-cup servings into custard cups and place in hot water in baking pans.
6. Bake in slow oven (325° F.) 40 to 50 minutes or until firm and browned.

Note: The pudding may be baked in pans set in hot water.

## MOLASSES SNAPS (WITH POTATOES)

Desserts

100 Portions	Ingredients	Portions	Cost
1 quart	Mashed potatoes		
1 pound (2 cups)	Fat		
1-1/2 pounds (3 cups)	Sugar		
2 cups	Molasses		
2 pounds (2 quarts)	Sifted flour		
4 teaspoons	Baking soda		
2 tablespoons	Ginger		
2 tablespoons	Cinnamon		
2 teaspoons	Salt		

Portion: Two 3-inch cookies.

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

1. To prepare mashed potatoes, boil or steam about 2-1/2 pounds potatoes. Peel, mash, and beat until smooth while hot. Cool to lukewarm.
2. Cream fat and sugar. Add potatoes and continue creaming until smooth.
3. Mix in molasses.
4. Sift dry ingredients together and stir into first mixture.
5. Drop on greased baking sheets—25 cookies for each pound (2 cups) of dough. Flatten to a thickness of 1/8 inch, using a flat-bottom glass or cup covered with a well dampened cloth.
6. Bake in moderate oven (350° F.) about 15 minutes.

